



70% complete

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The next few pages will ask about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person.

Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

 Think about all the **vigorous** and **moderate** activities that you did in the **last 7 days**.

- **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.
- **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

Do you currently have a job or do any unpaid work outside your home?

This **includes** paid jobs, farming, volunteer work, course work, and any other unpaid work that you did outside your home. **Do not include** unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family.

- ☐ Yes
- ☐ No

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